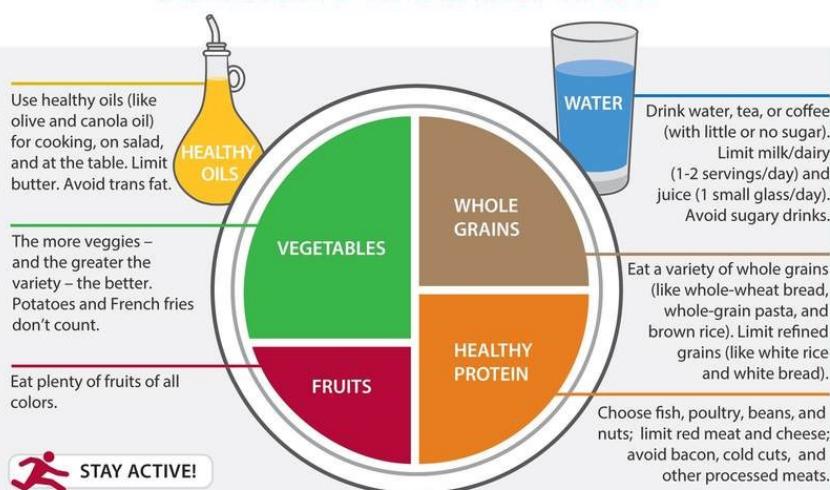


Keeping Baker Healthy!

March 2016

March is National Nutrition Month
Savor the Flavor of Eating Right!

HEALTHY EATING PLATE



Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



5 = servings of fruits & vegetables
2 = or less hours of recreational screen time
1 = hour or more of physical activity
0 = drinks with added sugar

Ready, Set, Go! 5210

Get Moving in March!

1. Get kicking with the YMCA's Spring Soccer league
2. Stretch and flex with a free class for new members at Yoga Oasis
3. Take a stroll at the Duck Pond
4. Start a vegetable garden



Gardening Tip!

Plant warm season crops like beans, tomatoes, squash, and corn early in the month for a late spring harvest. Take care to protect them from any unexpected frosts.

Growing fruits and vegetables like these from seeds is a cost efficient way to eat healthy on a budget!

All About Green Beans

Nutrition Facts for 1 cup

Calories: 31

Fat: 0 g.

Cholesterol: 0 mg.

Sodium: 6 mg.

Total Carbohydrate: 7 g.

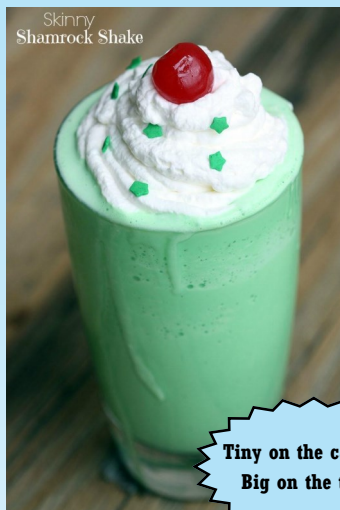


Protein: 2 g.

- * Green beans are high in Vitamin C—1 cup has more than 1/4 of the recommended daily dose.
- * Almost 60% of commercially grown green beans are grown in the U.S. making them a sustainable food choice!
- * Green beans are rich in silicon which is important for making strong, healthy bones!



Skinny Shamrock Shake



**Tiny on the calories,
Big on the taste!**

Calories: 315 Protein: 26 g.
Carbohydrates: 49 Sodium: 133 mg.
Fat: 4 g. Sugar: 30 g.

Ingredients

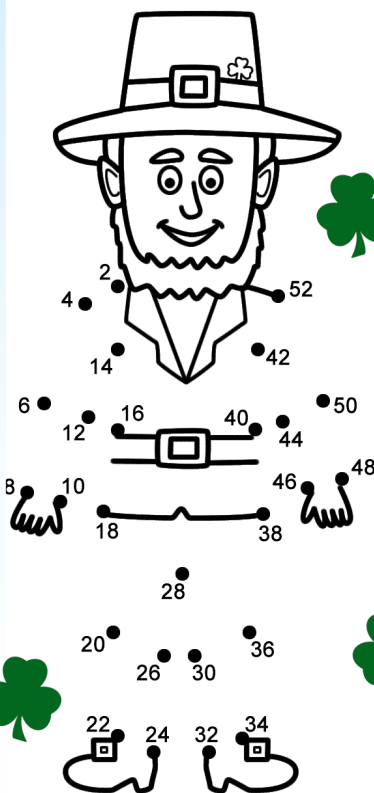
- * 1 cup vanilla yogurt (frozen)
- * ½ cup skim milk or almond milk
- * 1 frozen banana
- * 1/8 teaspoon peppermint extract (or more to taste)
- * Handful of chocolate chips (optional)
- * A few drops of green food coloring
- * Fat-free or light whipped cream, for topping, optional

Directions:

1. Add frozen yogurt, milk, banana, extract, chocolate chips (if using), and food coloring to a blender and blend until smooth. Pause to stir the mixture with a spoon, if needed.
2. Add extra milk to make it thinner or extra ice cream to make it thicker.
3. Serve immediately topped with light whipped cream and a maraschino cherry, if desired.

Tips for Savoring the Flavor of Eating Right!

1. Eat slower—chew your food more
2. Take one bite at a time. Put your fork or spoon down in between
3. Use your senses—taste, feel, hear, see, smell what you're eating
4. Eat at the table without distractions. Shut the TV off and put your phone away.
5. Examine why you're eating—are you bored or really hungry?



THE 31-DAY

YOGA



MOUNTAIN

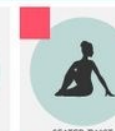
challenge



CHILD'S POSE



COW TO CAT



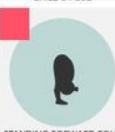
SEATED TWIST



COBRA



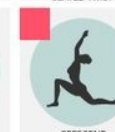
DOWNWARD FACING DOG



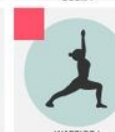
STANDING FORWARD FOLD



CHAIR



CRESCENT



WARRIOR I



WARRIOR II



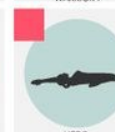
SIDE ANGLE



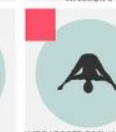
TRIANGLE



HALF MOON



HERO



WIDE-LEGGED FORWARD FOLD



STAFF



BOAT



BRIDGE



TREE



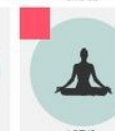
LOCUST



WARRIOR III



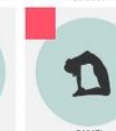
INCLINED PLANK



LOTUS



BOW



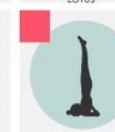
CAMEL



DANCER



BIRD OF PARADISE



SHOULDER STAND



PLOOF



CRANE

SKINNYMOM

Florida Department of Health
Baker County Health Department
480 West Lowder Street
Macclenny, FL 32063
(904) 259-6291



www.facebook.com/HealthyBaker



HealthiestWeight